

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Diced fruit and cheese cubes with milk	Bowl of yoghurt, fresh fruit and milk	Toast bites and fresh fruit with milk	Rice cake/cruskit with assorted spreads, fresh fruit and milk	Jatz cracker with vegemite and cheese, fresh fruit and milk
LUNCH	Savoury mince	Butter Chicken with Rice	Vegetable Mac "N" Cheese	Ramen Noodle Vegetable Stir Fry	Assorted filled sandwiches
AFTERNOON TEA	Chocolate chip cake	Vegemite Cheese pastry squares	ANZAC Slice	Chocolate Weetbix Slice	Apple Oatmeal Cake
ASC AFTERNOON TEA LATE SNACK	Yoghurt and Fresh Fruit	Cheese cubes and fresh fruit	Rice cakes topped with cream cheese	Biscuit and fresh fruit	Crusket topped with assorted spreads

NB: Locally sourced seasonal Fruit may include: Apples, Oranges, Mandarins, Mango, Strawberries, Pineapple, Rockmelon, Watermelon, Banana, Honeydew, Kiwi Fruit, Lychees and Grapes.

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Toast Bites, fresh fruit and milk	Jatz cracker with vegemite and cheese, fresh fruit and milk	Yoghurt, fresh fruit and milk	Fruit and cheese cubes with milk	Rice cake/crusket with assorted spreads, fresh fruit and milk
LUNCH	Procupine meatballs with rice	Assorted sandwiches	Sausages, potato and pumpkin mash	Penne carbonara	Fish fingers with cheesy broccoli potato mash
AFTERNOON TEA	Carrot bran, saltana cake with butter ginger icing	Chocolate cake	Coconut cake with pineapple icing	Fruit jelly and ice cream	Onion dip with vegetable sticks
LATE SNACK	Crusket topped with assorted spreads	Yoghurt and fresh fruit	Cheese cubes and fresh fruit	Rice cakes topped with cream cheese	Biscuit and fresh fruit

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit and cheese cubes with milk	Yoghurt, fresh fruit and milk	Toast bites, fresh fruit and milk	Rice cake/crusket with assorted spreads, fresh fruit and milk	Jatz cracker with vegemite and cheese, fresh fruit and milk
LUNCH	Pizza pasta bake	Beef rice risotto	Assorted filled sandwiches	Chicken pie	Creamy tuna pasta
AFTERNOON TEA	Vegemite weetbix slice	Lemonade scone	Ginger molasses cake	Mini sandwich bites	Hedgehog slice
LATE SNACK	Biscuit and fruit	Crusket with assorted spreads	Yoghurt and fresh fruit	Cheese cubes and fresh fruit	Rice cakes with cream cheese

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Rice cake/crusket with assorted spread, fresh fruit and milk	Fruit and cheese cubes with milk	Jatz cracker with vegemite and cheese, fruit and milk	Yoghurt, fresh fruit and milk	Toast bites, fresh fruit and milk
LUNCH	Assorted filled sandwiches	Mexican vegetable budda bowl	Chicken and vegetable stroganoff	Spaghetti bolognaise	Sweet and Sour chicken with rice
AFTERNOON TEA	Banana Cake	Cheese carrot apple bites	Vegetable sausage rolls	Sticky date pudding	Crackle cakes
LATE SNACK	Rice cakes with cream cheese	Biscuit and fresh fruit	Crusket with assorted spreads	Yoghurt and fresh fruit	Cheese cubes and fresh fruit

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WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit and cheese cubes with milk	Jatz cracker with vegemite and cheese, fruit and milk	Toast bites, fresh fruit and milk	Rice cake/crusket with assorted spread, fresh fruit and milk	Yoghurt, fresh fruit and milk
LUNCH	Fish fingers, spaghetti, garlic bread	Curried mince on rice	Mince beef stroganoff	Assorted filled sandwiches	Beef and vegetable spaghetti pie
AFTERNOON TEA	Onion dip, vegie sticks and crackers	Coconut cake with chocolate coconut icing	Vegemite and cheese pastry squares	Chocolate cake	Cheese carrot apple bites
LATE SNACK	Cheese cubes and fresh fruit	Rice cakes topped with cream cheese	Biscuit and fresh fruit	Crusket with assorted spreads	Yoghurt and fresh fruit

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